Consciousness; Vibration, Frequency, Resonance

Mindfulness is consciousness, meaning specified facts or feelings that are actively impressed upon the mind. To be connected to God and Creation, scripture teaches to be of one mind.

Rom 15:6
That ye may with one mind and one mouth glorify God, even the Father of our Lord Jesus Christ.

Psalms 115:12
The LORD hath been mindful of us: he will bless us; he will bless the house of Israel; he will bless the house of Aaron.

1Ch 16:15
Be ye mindful always of his covenant; the word which he commanded to a thousand generations;

Php 2:2
Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind.

Vibration*:*
Everything in the universe, at a fundamental level, is energy in motion, vibrating at various frequencies. From the smallest subatomic particles to galaxies, all matter and energy is in a constant state of vibration.

Consciousness-Vibration Analogy*:*
Consciousness not as a fixed, solid entity, but as a dynamic, vibrating field. Just as an electromagnetic field extends through space and carries information-consciousness that stems from the source. The source being God the creator.

Brainwaves*:*
Scientifically, we observe brainwaves (delta, theta, alpha, beta, gamma) which are electrical oscillations measured in Hz. These different frequencies are associated with distinct states of consciousness (e.g., deep sleep, meditation, alert wakefulness). This suggests that different states of consciousness correlate with different brainwave frequencies.

Consciousness-Brainwave*:*
Consciousness isn't solely a product of the brain, but interacts with a broader, universal, consciousness field. The brain, in this view, acts as a receiver and transmitter, tuning into or filtering aspects of this larger field. The larger field, or the universal field being God.

Frequency*:*

This is the rate at which something vibrates, measured in Hertz (Hz). Different frequencies correspond to different types of energy (e.g., radio waves, light waves, sound waves).

***Frequency-Consciousness**:*

"High" vs. "Low" Frequencies: In spiritual the context, "high vibration" is associated with positive emotions, spiritual awareness, and well-being, while "low vibration" is linked to negative emotions, illness, and lower states of consciousness.

***Resonance-Resonate**:*

Resonance is reasoning, rational, sensible, practical.

Luke 5:22

But when Jesus perceived their thoughts, he answering said unto them, What reason ye in your hearts?

Resonance occurs when two or more vibrating systems share a similar frequency, leading to an amplification of their vibrations. When something resonates, it absorbs energy from a system vibrating at its natural frequency, causing it to oscillate with greater amplitude.

***Resonating love or judgement**:*

When you "resonate" with another person, it's often described as being "on the same wavelength." This metaphor suggests that a shared frequency of understanding, emotion, or intention allows for deeper connection and communication, even non-verbally.

If your judging, your are resonating with it because you are absorbed into that judgement meaning your frequency is lowered to that lower frequency in order to resonate with it. Likewise with love. The higher your frequency, the higher your love because your are resonating with the oneness of life.

Your intent emotion; your thoughts, emotions, and intentions can be seen as generating specific energetic frequencies. Positive, coherent thoughts might create harmonious frequencies, while negative chaotic thoughts generate confusion and burdens upon oneself because your not living from the higher vibration of life, but a lower vibration which from scripture is death. Its that simple.

John 8:51

Verily, verily, I say unto you, If a man keep my saying, he shall never see death.

2Co 4:12

So then death worketh in us, but life in you.

Higher states of consciousness, leads to experiences of unity, intuition, and spiritual insight.

Interconnected*:*
Kindred is the same as those being connected.

Luke 1:61
And they said unto her, There is none of thy kindred that is called by this name.

Rev 14:6
And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people,

Influence; We can consciously influence our state of being and our reality by shifting our internal frequencies and seeking resonance with desired experiences.
Because all of creation is interconnected, and consciousness is a vibrating field. Everything is vibrating. Then resonance provides a mechanism for interaction and influence at the level of your desired vibration and frequency.
Consciousness is the dynamic process of vibration and resonance, constantly shifting and interacting.
What is your desired frequency and vibration?

MJI (LightWorker)